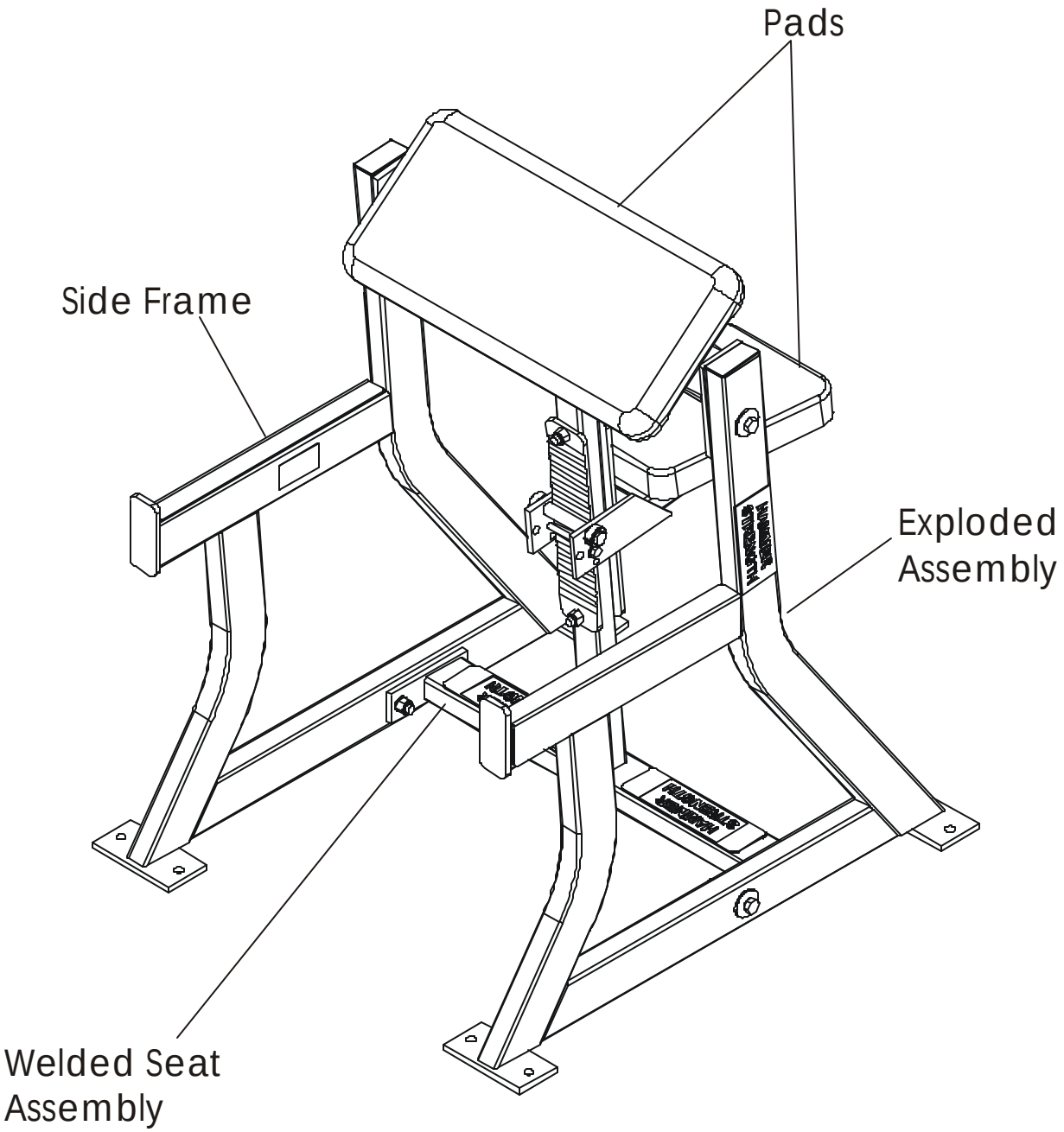
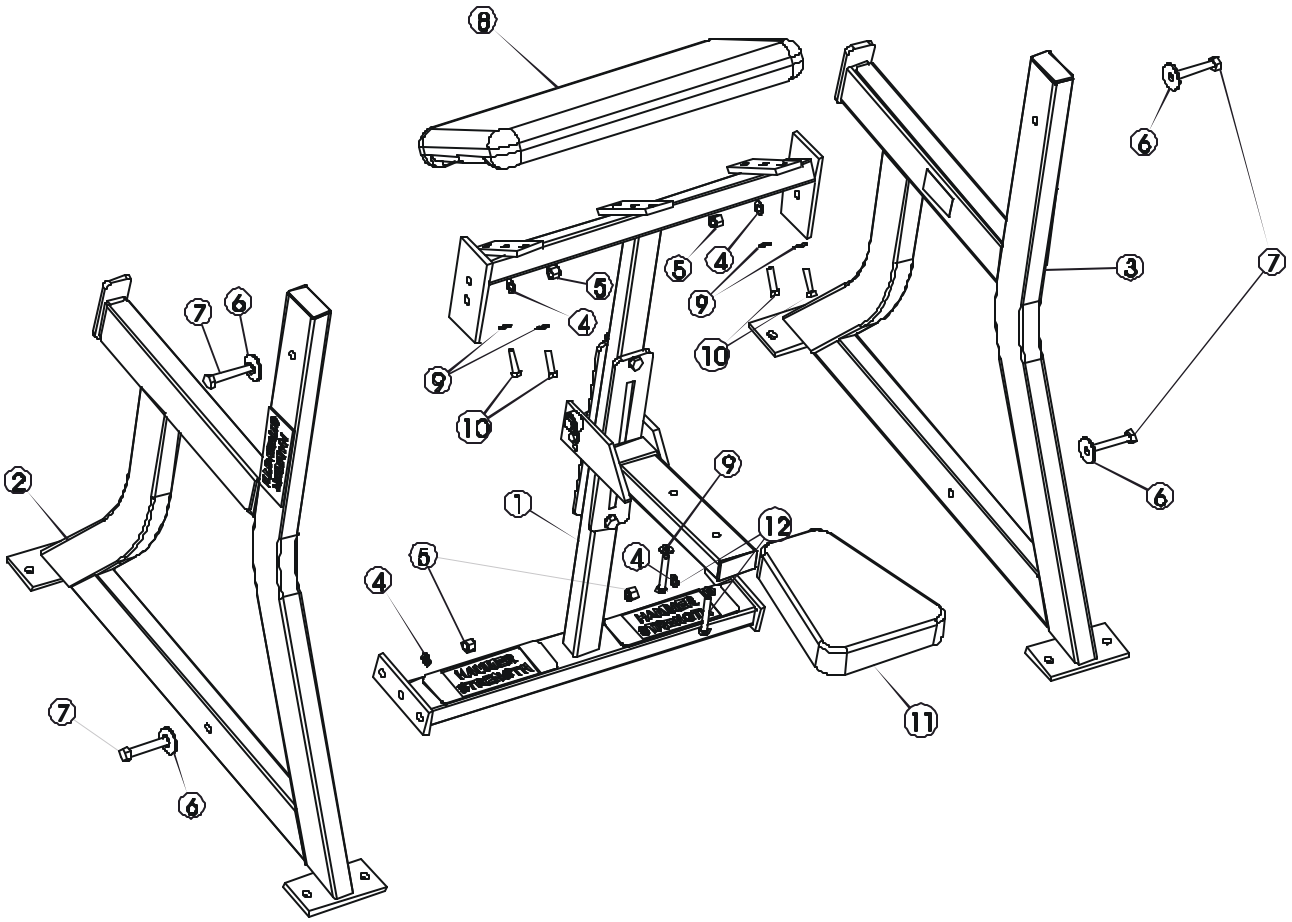
HAMMER STRENGTH EQUIPMENT
FWAC - Free Weight Seated Arm Curl

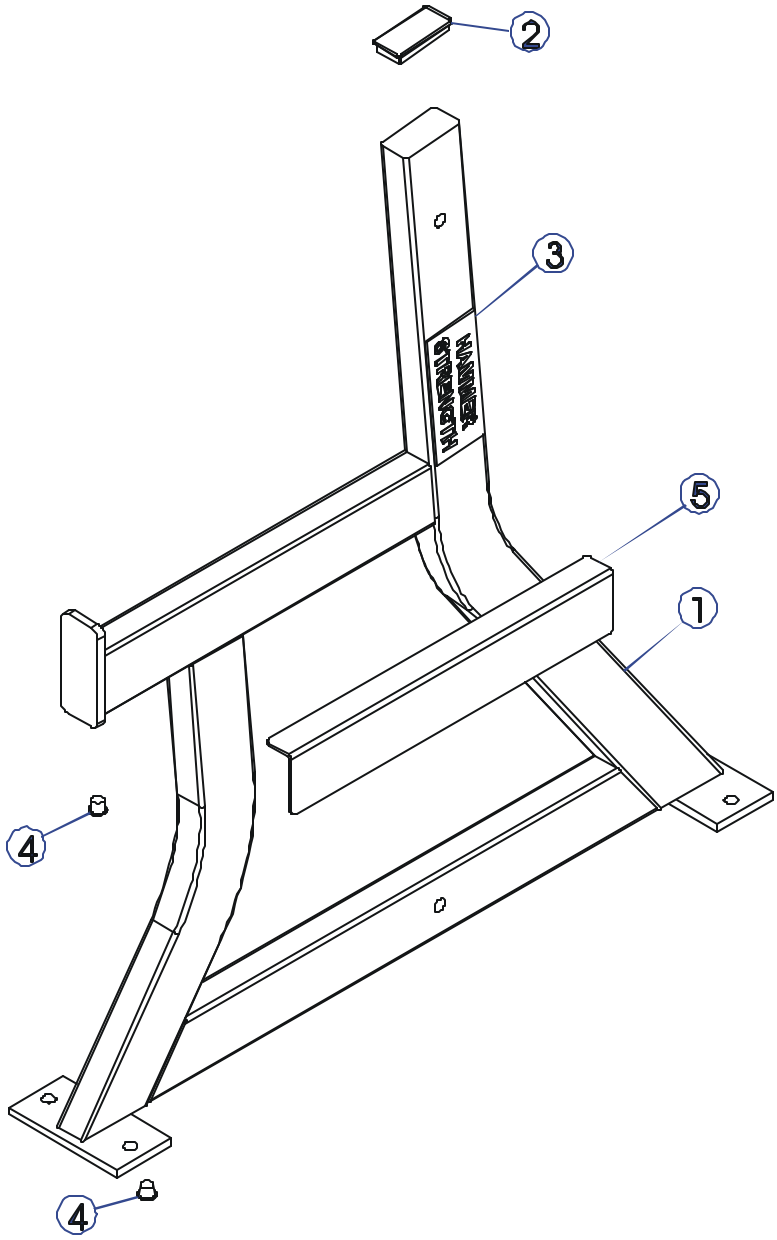


HAMMER STRENGTH EQUIPMENT
FWAC - Exploded Assembly



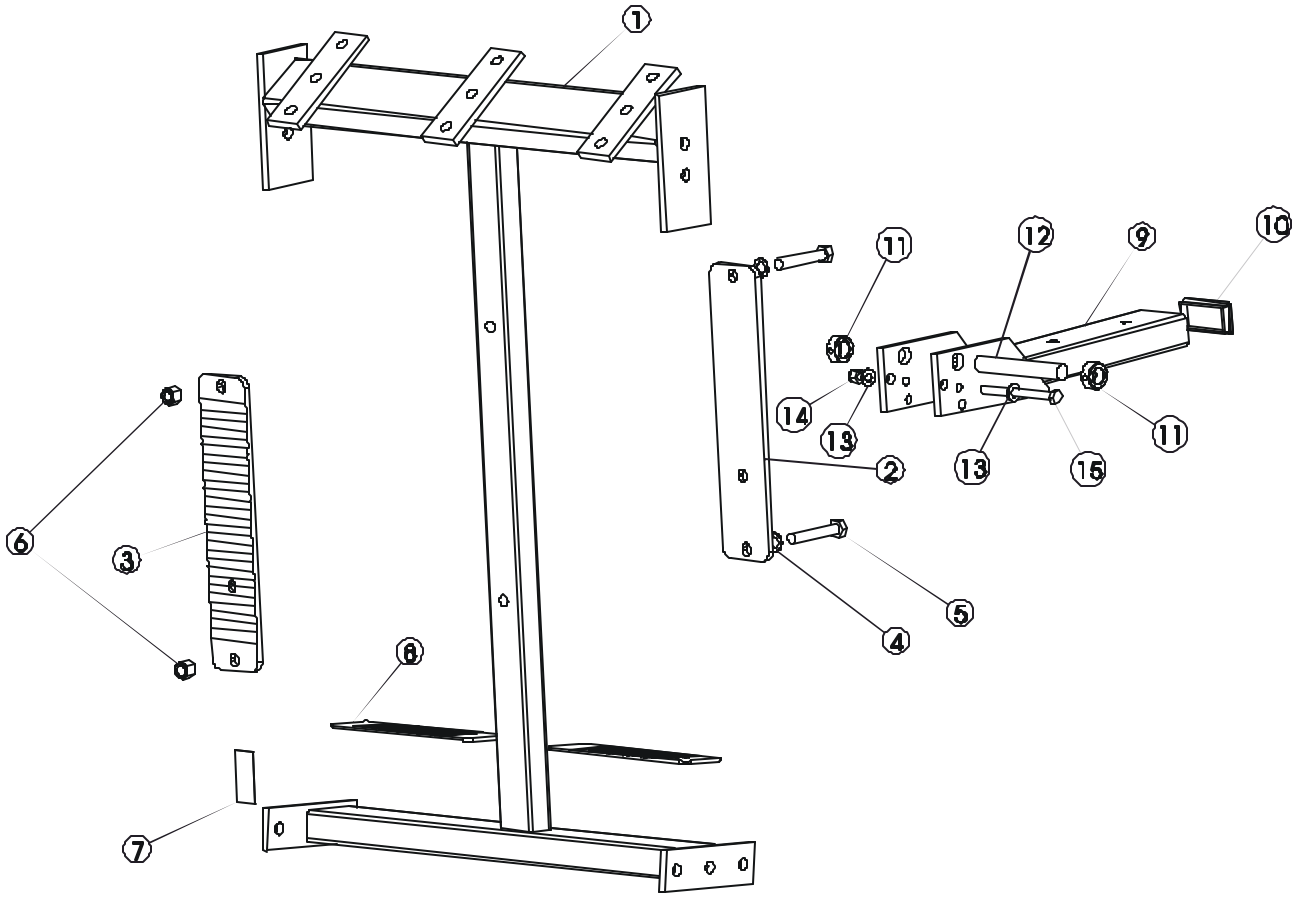
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	FWAC-CST-0	Seat Frame
2	1	FWAC-CSFL-0	Left Side Frame Assembly
3	1	FWAC-CSFR-0	Right Side Frame Assembly
4	4	WASH.5STAR	1/2" Internal Lock Washer
5	4	NUT.5LOCK	1/2" Thick Lock Nut
6	4	H-BACK-WASH	Backing Washer
7	4	HHB.5X3	1/2 X 3 Bolt
8	1	UCBI	Elbow Pad
9	6	WASH.375SAE	3/8" SAE Flat Washer
10	4	HHB.375X1.5	3/8 X 1 1/2 Bolt
11	1	U12-5	12" Triangular Pad
12	2	HHB.375X2.5	3/8 X 2 1/2 Bolt

HAMMER STRENGTH EQUIPMENT
FWAC - Side Frame



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	FWAC-SF-0	Side Frame
2	1	H-PEND3	1 1/2 X 3 End Cap
3	1	H-NAMEPLATE	Name Plate
4	2	H-HPLUG	9/16" Hole Plug
5	1	L-Guard 17.75"	H-L-GUARD

HAMMER STRENGTH EQUIPMENT
FWAC - Welded Seat Assembly



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	FWAC-ST-0	Welded Seat Assem.
2	1	H-SEATRCKS	Seatrack Front
3	1	H-SEATRCKS-RIB	Seatrack Back
4	2	WASH.5STAR	1/2" Internal Lock Washer
5	2	HHB.5X3	1/2 X 3 Bolt
6	2	NUT.5LOCK	1/2" Thick Lock Nut
7	1	SERIAL NUMBER	Serial Number
8	2	H-NONSKID3	2 5/8 X 9 Nonskid
9	1	STD-ST	Standard Seat #1
10	1	H-PEND3	1 1/2 X 3 End Cap
11	2	H-LCOLLAR75	3/4" Lock Collar
12	1	STshft	Seat Shaft
13	2	WASH.375SAE	3/8" SAE Flat Washer
14	1	NUT.375LOCK	3/8" Thick Lock Nut
15	1	HHB.375X4.5	3/8 X 4.5 Bolt